

Myopia Management: Program Overview

Initial enrollment in HVC's myopia management program is \$300 for the first year and is collected at the start of treatment. Renewal, for each subsequent year in the program, is \$200 and will be collected at the patient's annual comprehensive vision exams until the completion of treatment. This fee includes all the follow-up appointments and additional testing needed throughout the year. Enrollment in the program is mandatory for patients treated with any of the 3 myopia management modalities. Additional expenses will apply based on the treatment modality selected.

Available Treatment Options

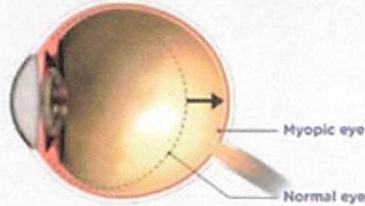
- **Stellest Spectacle Lenses: \$450 (lenses only – frame cost not included)**
 - Includes polycarbonate, Anti-reflective/scratch coating, and 100% UV blocking lenses
 - Replacement lenses included at no charge should a change in Rx of 0.50 D or greater occur at the 6 month follow-up.
- **Misight lenses: \$1200**
 - Includes 1 year supply of daily disposable lenses
 - 6 month supply ordered after initial fit
 - The second 6 month supply to be ordered at 6 month progress evaluation
- **Atropine**
 - A prescription will be sent electronically to Imprimis Rx including refills for a full year
 - Patient will work directly with Imprimis to process payment and shipping
 - Approximate yearly cost for atropine is \$312

Follow-up Schedule (Subject to change based on patient specific recommendations)

- **Spectacles**
 - 2 week follow-up with optician
 - 3 month progress eval (only in the first year)
 - 6 month progress eval
- **Contact Lenses**
 - CL check @2 weeks
 - 3 month progress eval (only in the first year)
 - 6 month progress eval
- **Atropine**
 - 3 month progress eval (only in the first year)
 - 6 month progress eval

LET'S TALK ABOUT MYOPIA

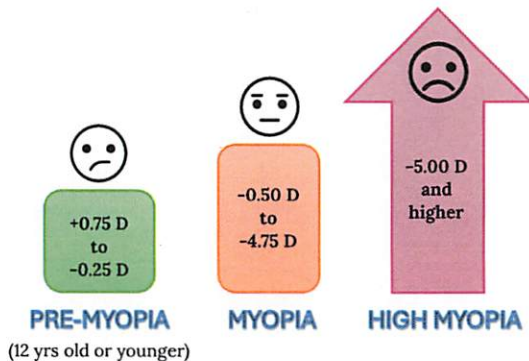
WHAT IS MYOPIA?



Myopia is a chronic, progressive disease, in which the **eye grows too long**. We used to think of myopia as just nearsightedness, but we now know it's so much more and can lead to **blindness** later in life because of the abnormal eye growth.

Myopia is an increasing epidemic found all around the world. In fact, by 2050, 50% of the world's population will have myopia. Risk factors for developing myopia may be spending less time outdoors, increase in near work (reading, screen time), and parents who have myopia.

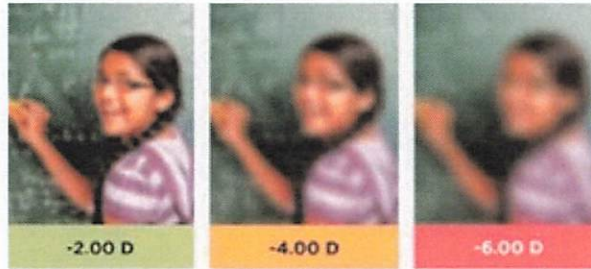
LEVELS OF MYOPIA



WHAT ARE THE RISKS?

Short Term

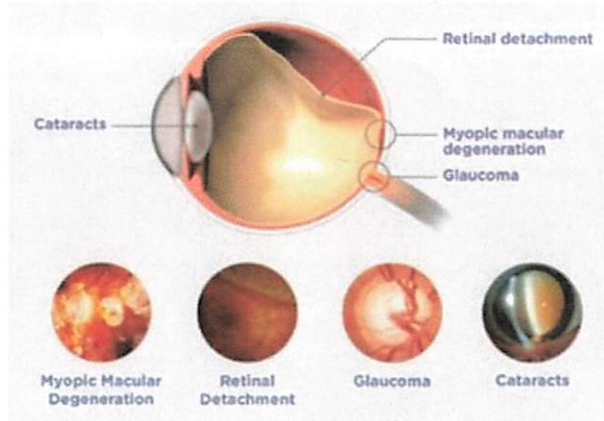
In the short term, myopia means patients struggle to see far away without vision correction. This can lead to poor performance in school and less enjoyment playing sports or other activities.



Simulated representative view

Long Term

Myopia can lead to sight-threatening complications as the patient gets older. These risks include:



Rx CHANGES MATTER

There is no safe level of myopia. For example, every additional diopter of myopia increases the risk of Myopic Macular Degeneration, a sight-threatening eye disease, by 67%. **This means that every prescription change matters.**

RISK OF DISEASE INCREASES WITH EVERY LEVEL OF MYOPIA

	-0.50 to -3.00 D	-3.00 to -6.00 D	-6.00 D and higher
GLAUCOMA	1.6x ↑	2.9x ↑	2.9x ↑
CATARACTS	1.6x ↑	2.6x ↑	4.6x ↑
RETINAL DETACHMENT	3.2x ↑	8.8x ↑	12.6x ↑
MYOPIC MACULAR DEGENERATION	13.6x ↑	73x ↑	846x ↑

TALK TO YOUR DOCTOR

Normal vision correction glasses will help you see, but they will not help slow the progression of myopia. Talk to your doctor about specialized treatment options for myopia management. There are also lifestyle changes that can help.



More time outdoors



Less near work



More frequent breaks from near work